

VALENCIA COUNTY OLDER AMERICAN PROGRAM
MONTHLY MENU – November 2013

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
				1
				Zucchini Salad Beef Lasagna Italian Vegetables Garlic Bread Fruit Milk
4	5	6	7	8
Bean Salad Beef Tips W/ Mushrooms Carrots Rice Crackers Milk	Green Chile Cheese Burger Lettuce, Tomato, Onion Fries Fruit Milk	Carrot Salad Fish Sandwich Broccoli Potato Chips Fruit Milk	Tossed Salad Beef Steak w/Onions Green Beans Mashed Potatoes Roll Fruit Milk	Tomato & Onion Salad Pork Carnitas W/ Chile Calabacitas Refried Beans Tortilla Fruit Milk
11	12	13	14	15
CLOSED`	Salad Baked Ham Green Beans Sweet Potatoes Roll Fruit Milk	Salad Chicken Strips Peas & Carrots Potato Wedges Fruit Milk	Tomato & Onion Salad Hot Roast Beef Sandwich Broccoli Mashed Potatoes Fruit Milk	Cole Slaw Chili Cheese Dog Onions Potato Chips Fruit Milk
18	19	20	21	22
Bean Salad Beef Stew Rice Crackers Fruit Milk	Zucchini Salad Tacos Tomato, Lettuce, Salsa Refried Beans Fruit Milk	Salad Polish Sausage Sauerkraut, Onions Ranch Beans Fruit Milk	Salad Szechuan Chicken Oriental Vegetables Fried Rice Crackers Fruit Milk	Carrot Salad Roast Pork Broccoli Scalloped Potatoes Roll Fruit Milk
25	26	27	28	29
Tamale W/ Red Chile Spinach Spanish Rice Fruit Milk	Tossed Salad Roast Turkey w/ Cranberry sauce Green Beans Mashed Potatoes Roll Pumpkin Pie Milk	Bosque Farms Potluck & Monthly Birthday Party With Fiddlers & Musicians Of New Mexico	CLOSED	CLOSED